



MONTESSORI TOURS AND TRAVEL

... your window to the world of Montessori

Montessori Elderly Care Japan Study Tour

See, explore, discover...

10 May – 18 May 2025 (8 nights)

*This small group exclusive tour
has been created in collaboration
with*

Anne Kelly, Takako Fukatsu and elder care colleagues in Japan.

*This tour is unique,
created specifically for people interested in Montessori elder care,
to expand their knowledge of Japanese culture
and
Dr Montessori's legacy in Japan.*



Photo courtesy of 'Poppy'

Included in cost: 8 night's accommodation including daily breakfast and all hotel taxes, private transportation, sightseeing with local English-speaking guides, transportation between cities, some meals

COST per person in Japanese Yen (JPY):

Single JPY 477,000

Twin Share / Double JPY 423,000 per person

subject to change

Deposit of 28,500 required to secure your place.

Final payment due no later than Monday 03 March 2025

PLEASE NOTE: *Prices quoted are based on current applicable fuel prices, tax structure, guide fee, hotel rates and rate of exchange at time of publication. Should there be increases in any of these elements, the quoted price is subject to change.*



Saturday 10 May – Tokyo (4 nights)

Arrive in Haneda Airport, Tokyo.

Make your own way to our hotel in Tachikawa.

Airport transfer to hotel can be arranged at an additional cost.

You may like to take the limo bus: <https://www.keikyu-bus.co.jp/en/>

Check in and settle into hotel.

In the early evening, gather in the hotel to meet each other and hear more about the Itinerary for the next week.

Dinner together will be a chance to orientate into Japanese dining.

Accommodation: Hotel emisia Tokyo Tachikawa (<https://www.hotel-emisia.com/tokyotachikawa/en/>)

2-chōme-14-16 Akebonochō, Tachikawa, Tokyo 190-0012

Meals: Dinner

Sunday 11 May – Tokyo

After breakfast we explore the wonders of Tokyo with a half day sightseeing tour. Our English speaking guide will take us in private transportation to places of great interest. Bring your camera and an open mind as you travel through areas of Tokyo.

In the afternoon you may wish to participate in Anne Kelly's information session in Akiruno which is about 30 minutes away by local train. You are welcome to travel by local train with Takako and Anne at an additional cost.

Alternately, explore on your own and immerse yourself in city life.

Accommodation: Hotel emisia Tokyo Tachikawa

Meals: Breakfast

Monday 12 October – Tokyo

Today's outing is to visit *Poppy* and *Tulip*.

Poppy is a wonderful example of Montessori care in action. *Poppy*, a day centre for people living with dementia, adjoins a Montessori school (*Tulip*). Our visit to *Poppy* will enable us to see how their intergenerational program works while we witness the lovely connections between the children and the elders who attend the centre. The day program is based on Montessori principles. The majority of workers for both aged care and children are AMI trained or being trained. *Poppy* has applied to become an AMI accredited care community – they will be the first care community to be granted AMI quality accreditation in *the world*. Guaranteed to be a visit that will warm your heart.

Tonight we will enjoy dinner at a beautiful authentic Japanese restaurant.

Accommodation: Hotel emisia Tokyo Tachikawa

Meals: Breakfast, Dinner

Tuesday 13 May – Tokyo

There is much to see in and around Tokyo.

After breakfast, continue your exploration. Perhaps take a train ride, do some shopping, try some new foods, walk in the park, follow your interests, be adventurous.

Accommodation: Hotel emisia Tokyo Tachikawa

Meals: Breakfast

Wednesday 14 May – Nara (1 night)

After breakfast and check out, there will be some time to do as you wish before we experience an important part of Japanese culture - travelling by Bullet and local train to Nara, the ancient capital of Japan more than 1,000 years ago.

Choose your own lunch on the way.

We will orientate ourselves with an afternoon sightseeing tour of Nara with an English speaking guide. There are many great sites to see in Nara, including a beautiful Buddha.

After our return to the hotel in the late afternoon, the rest of the day is yours to spend as you wish.

Choose your accommodation from either a shared room in a traditional Japanese style house (*Nichimura-Tei*) or a room in a western hotel. (*Centurion Hotel Classic*).



Wednesday 14 May – Nara (continued)

Accommodation:

Traditional Japanese House - Nishimura-Tei (<https://nishimuratei.com>)

Breakfast is Japanese style with miso-soup with rice.

OR

Western Hotel – Centurion Hotel Classic (<https://www.centurion-hotel.com/nara/>)

1-51 Aburasakachō, Nara, 630-8247, Japan

Ph: +81 742-93-5066

Meals: Breakfast

Thursday 15 October – Osaka (3 nights)

This morning is your last chance to explore Nara before heading to the second largest city of Japan, enticing Osaka.

After checking into our accommodation, the rest of the day is yours to do your own exploration.

For dinner tonight, you may like to find somewhere to eat in the area around Osaka's well known landmark, the *Glico Running Man*. This huge, brightly lit sign has glowed over the Dotombori canal in the premier shopping and entertainment district of Osaka (Shinsaibashi) for more than 80 years.

Accommodation: Senri Hankyu Hotel (<https://www.hankyu-hotel.com/en/hotel/hh/senrihh>)

560-0082

2-1 Shinsenri-Higashimachi, Toyonaka City, Osaka

TEL +81-6-6872-2211

Meals: Breakfast

Friday 16 October - Osaka

Today we experience another centre for elders. The Montessori Care Association (MoCA) provides accommodation to elders living with dementia. With only a small number of residents, care can be and is very focused on the needs of each elder. Based on Montessori principles of independence, meaningful engagement and choice, the team members of MoCA encourage the elders to participate in meal preparation and daily chores around the house. Two robots keep the elders amused as they skuttle around the house. Today for lunch, we will have the privilege of sharing a speciality of Osaka, *Okonomiyaki*, (meaning 'grilled as you like it'). These savoury pancakes will be made by the elders.

Tonight we will share dinner with our friends from MoCA.

Accommodation: Senri Hankyu Hotel

Meals: Breakfast, Dinner

Saturday 17 October – Osaka

Following our visits to *Poppy* and *MoCA* and the carefully chosen cultural experiences, you have the option of sitting in on one or even two days of a *Montessori for Dementia, Disability and Ageing Workshop* which is being held this weekend. If you are interested in making connections with likeminded people and learning about the current aged care experience in Japan, then this is the place to be.

Alternatively, you may wish to visit World Expo Osaka 2025 (<https://www.expo2025.or.jp/en/>) Here the University of Osaka and MOCA have teamed up to present on the use of technology (Robots?) in aged care.

Let's get together before our last meal together to sharing stories, impressions, experiences and what we learnt from this adventure.

Dinner will be a delicious way to end the tour.

Accommodation: Senri Hankyu Hotel

Meals: Breakfast, Dinner

Sunday 18 May

After breakfast it is time to say goodbye to those heading home.

Thank you for joining us on this Montessori Tours and Travel Tour and hope to see you again on another tour.

Meals: Breakfast



There will be local foods, local guides, local cultural experiences, local larrikins.
There will be surprises and activities, time to chat, time to play, time to learn, time to wonder.

Roelie Hartwig (Tour Leader)
with
Anne Kelly (AMI Trainer for the AMI accredited 'Dementia, Disability and Ageing' course)
and
Takako Fukatsu (AMI Montessori trained local Japanese / English speaking translator).

*This itinerary will be a work in progress
and what we end up doing on some days may be different to what is stated here.*

*All will be done to ensure the tour proceeds as per the itinerary whilst maintaining the integrity of the tour.
Should this happen your understanding and cooperation will be appreciated.*

This tour will be conducted in English with local guides and local drivers.

Inclusions:	Exclusions:
<ul style="list-style-type: none">● Accommodation including breakfast every morning and hotel taxes● Private Transport on tour● Public Transport on tour● Sightseeing with local English-speaking guides● Meals as listed in this Itinerary	<ul style="list-style-type: none">● All meals not mentioned in this Itinerary● Alcoholic & other drinks● International flights and airport taxes pre and post tour● Overweight luggage● Full Comprehensive Travel Insurance (compulsory)● Costs associated with passport and Visa (if required) for Japan● Other services not listed under <i>Inclusions</i>● Personal expenses such as vaccinations, medication, personal items, etc.

COST per person in Japanese Yen (JPY):
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